

Oct 5th – Oct 9th

THE RETREAT CAFE

FEATURES

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



GLOBAL STATION:



MONDAY

Sweet n Spicy Salmon Bowl

Herbed Salmon
Brown Rice, or Quinoa
Mandarin Oranges,
Cucumber, Red
Peppers, Edamame,
Scallions, Sesame
Seeds, Teriyaki Sauce,
Sweet Thai Chili

\$8.00

TUESDAY

Flank Steak/ Harissa Carrots

Flank Steak w/
Chimichurri,
Quinoa, or Brown Rice,
Harissa Roasted Carrots,
Broccolini, Edamame
Hummus, Lemon
Wedges, Dinner Roll

\$8.00

WEDNESDAY

Vietnamese Banh Mi

Pork Charsui, or Sweet
Chili Chicken, Sub Roll or
Rice Noodles, Siracha
Mayo, Cucumbers,
Cilantro, Jalapenos,
Pickled Vegetables,
Mint, Hard Boiled Eggs

\$8.00

THURSDAY

Braised Pork Ragu

Braised Pork, or
Mushroom Ragu,
Rigatoni or Pappardelle
Pasta, Garlic & Spice
Roasted Broccoli,
Roasted Vegetables,
Grated Parm, Shredded
Mozzarella, Basil, Parsley

\$8.00

FRIDAY

Buddha Bowl

Grilled Chicken
Quinoa, Sweet
Potatoes, Chickpeas,
Spinach, Cabbage,
Carrots, Tomatoes, Pickled
Onions, Avocado, Curry
Peanut Sauce, Lemon
Vinaigrette, Green
Goddess Dressing

\$8.00

SOUPS

MONDAY

Broccoli with Cheese or
Minestrone

TUESDAY

Chicken Tortilla or Baked
Potato

WEDNESDAY

Specialty Soup

THURSDAY

Chicken Noodle or Beef
Barley



CONNECT WITH US



Kxdaught@sentara.com

Please be aware that we handle and prepare
egg, milk, wheat, shellfish, fish, soy, sesame,
peanut and tree nut products.

menu subject to change
based on availability